



2023 Youth Basketball Rules and Policies

Chesapeake Parks, Recreation, and Tourism
1224 Progressive Dr. ▪ Chesapeake, VA 23320
Athletics Office - (757) 382-6411 ▪ Athletics Weather Hotline – (757) 382-6400

YOUTH BASKETBALL RULES

1.0 **GOVERNING RULES** – Virginia High School League rules will govern play with the exceptions covered herein.

1.1 **PLAYER ELIGIBILITY**

A. **League and Age Requirements** – Players’ ages will be determined by their age as of December 31 of the current year.

Age Categories

U6 Coed	Ages 5 and 6
U8 Boys and Girls	Ages 7 and 8
U10 Boys and Girls	Ages 9 and 10
U12 Boys	Ages 11 and 12
U13 Girls	Ages 10, 11, and 12
U15 Boys	Ages 13, 14, and 15
U18 Boys	Ages 16, 17, and 18

If participation is not great enough, the players may be divided into 3-year increments citywide.

Eighteen-year-olds must be enrolled in secondary school at time of registration to participate in program.

B. Any youth basketball player or coach suspended from any Chesapeake Community Center will be ineligible to participate during the suspension period.

1.2 **TEAMS**

A. **Number of Players** – Each team will consist of a maximum of 10 players per team. One head coach, one assistant coach, and one scorekeeper will be allowed on the bench. Exception: no scorekeeper for U6 and U8 Leagues.

B. **Number of Coaches** – There will be a limit of two coaches per team, one head coach and one assistant coach.

C. **DRAFTING RULES:**

1. Chesapeake Youth Basketball League uses a Snake type draft for each league except U6 and U8 leagues. All players in those leagues will be placed randomly on teams by the Athletic Staff.
2. Each league will select teams based on the participant evaluation and coaches Draft, except for the U6 and U8 leagues. All new players in all drafted leagues will be required to attend the evaluation day to be guaranteed a spot in the league. During this time, all participants are given an identification number and then perform several routine skills. Coaches will observe the players and then evaluate them based on their ability. After the evaluation day is concluded, the coaches will meet with athletic staff to execute the player draft.
3. Most teams will receive the same number of players. Participants who miss the evaluation day or sign up late may be added to teams that are a player short as assigned by athletic staff.

4. The picking order of the draft will be selected by random draw immediately prior to the draft. If any league is split into divisions, all teams will draft in order, alternating divisions. Draft format will remain the same.
5. The number of teams will be determined by the number of registered participants.
6. Teams must select a player and cannot pass if a player is available.
7. The children of head coaches and returning players will be automatic picks in the draft and considered an "X" on the draft sheet.
8. Assistant coaches' sons/daughters will be automatic first round draft picks. Only one assistant coach pick per team in the draft will be allowed. If the player is not picked in the first round by that team, he/she will be available for selection by any team beginning in round 2.
9. The number of rounds in the draft depends directly upon the number of participants registered.
10. The draft will be conducted in the Snake Style.

Example of a Snake Style Draft

Team	1	2	3	4	5	6	7	8	9	10
A	1	10	11	20	21	30	31	40	X	X
B	2	9	12	19	22	29	32	39	X	X
C	3	8	13	18	23	28	33	38	X	X
D	4	7	14	17	24	27	34	37	X	X
E	5	6	15	16	25	26	35	36	X	X

11. Player Placement - All players who have enrolled before the enrollment deadline may remain on the team they were placed on the previous year within the same age division if desired. All new players, those added from the waitlist, and those moving up to a different age group from the previous year will be placed in the draft process. At registration, parents (or legal guardian) may request that their child be placed in the draft if they do not desire the child to remain on the same team.
12. Any player who does not like the team they are selected to must either play for that team or not participate. There will be no refunds once drafts in that age division, and the participating facility have concluded. Under very unusual circumstances, the Athletic Staff has the authority to allow a player to switch teams if it is determined such a change is critically necessary.
13. Brother/sister combinations will automatically be placed on the same team. Parents may request (for any reason) that siblings **not** be drafted to the same team. Note: If one sibling is drafted and the other has not, the other sibling will be designated by an "X" on the draft board and the drafted player will count as a last round draft pick.

14. There will be absolutely no trading or "swapping" of players for any reason once the draft for that age division is concluded. Once a player is drafted or placed on a team, they will remain on that team for the duration of the season, unless an unforeseen problem arises that must be resolved by the Athletic Staff. Any coaches found guilty trading or using ineligible players after the draft will forfeit all games in which the ineligible player participated, be removed from all coaching responsibilities (all sports) for a minimum of one year and the offending team will be ineligible for any regular season trophy or participation in any post season games. Once the draft is concluded and no other special circumstances are acknowledged, there will be no swapping or trading of players for any reason. If a trade is proposed for a special circumstance during the draft, and the Athletic staff concurs, all head coaches must approve the swap by majority vote. No swaps or trades can be made after the draft is concluded!
15. Requests to play on certain teams for any reason (friends, transportation, etc.) **WILL NOT BE HONORED** by the Chesapeake Parks, Recreation and Tourism. All players must play on the team by which they were drafted or placed by the League Coordinator.

1.3 SCHEDULES

- A. **Number of Games** – Games will be played in accordance with the schedule set by the Parks, Recreation and Tourism Department. All leagues will play approximately eight games.
- B. **Practice** – Teams are limited to two 1-hour practice sessions, including chalkboard sessions, within a calendar week before the first regular game. One 1-hour session per week will be permitted after the season starts if gym space is available. Practices are not permitted on the same day as scheduled games unless the game was postponed on that day. If possible during school nights the U6 League players are to practice no later than 7:00 p.m. U8 League players are to practice no later than 8:00 p.m., the U10 League players are to practice no later than 8:30 p.m., and the U12 League players are to practice no later than 9 p.m., the U12, U13, U15, and U18 Leagues are to practice no later than 10:00 p.m. Teams are limited to a maximum of two (2) outings a week, which includes practices and games.
- C. **Post Season Play** – For age groups U10 and up the top two teams in each division will advance to the post play if they choose; and must pay the \$100 participation fee.

Tie Breaking Criteria for Standings:

1. Head-to-Head result(s) between teams tied
2. If teams split in head-to-head games, point differential in those games will be used
3. Record against common opponents
4. If teams are still tied, points against in games against common opponents for the teams tied will be used.
5. If still tied, points against in all games will be used
6. If still tied, a coin flip will be used to determine standings
 - After first place team has been determined, revert to #1 to determine second places from remaining tied teams.

1.4 LENGTH OF GAMES

A. Playing Time

1. U6 and U8 league games will consist of four quarters, seven minutes each.
 2. U10 and U12 League games will consist of four quarters, seven minutes each.
 3. U13, U15, and U18 League games will consist of four quarters, eight minutes each.
- B. **Running Clock** – Each quarter will use a running clock except for the last two minutes for the second and fourth quarters, and overtime. During the running clock time, the clock will only stop for timeouts, free throws, and injuries.
- C. **Time Periods Between Quarters and Halves** – There will be a one-minute period between each quarter and a five-minute period between the halves.
- D. **Grace Periods** – There will be no grace period. Teams should be at the game site 15 minutes before game time. The second game will start as soon after the first as possible, as agreed upon by both coaches, but no later than the time printed on the official schedule.
- E. **Overtime** – Play will consist of two-minute periods with one-minute timeouts between periods, until a game is decided. Running clock will not be used during overtime periods. All players that have not fouled out are eligible for overtime.
- F. **Official Game** – In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game will be rescheduled from the start. If the score is tied after being declared an official game, the game will be rescheduled for overtime play until a winner is determined.

1.5 PLAYING RULES

A. U6 and U8 League Rules

The basketball program provides youngsters with the opportunity to enjoy the game and develop and practice basketball skills at an early age.

Conventional basketball does not accomplish these goals because young players do not get the opportunity to learn and practice the various skills of the game. The average youngster can learn to play and enjoy basketball with good instruction and day-to-day experience. For the beginner, the learning experience must be fun, with ample opportunity to practice all the fundamentals of the sport, like dribbling, passing, and shooting.

The U6 and U8 League basketball program should be organized to teach and develop basketball skills, teamwork, and sportsmanship and have fun. This is an important period in every child's development. All players should be encouraged to do their best by managing personnel. The Instructional and Training Leagues should be fun. If it isn't fun, it isn't a recreational program.

The key to success is the careful selection of coaches. If the goal is to provide a program with maximum benefits, only the very best people should be selected to serve.

The overall concept of the U6 and U8 Leagues should be total participation in a congenial environment under the supervision of competent and concerned adults. The leadership must reflect a positive and constructive direction tempered with patience. If this program is worth doing, it should be done well.

1. **Coed Option** – The U6 and U8 Leagues will become coed if there are not enough boys and girls to offer separate divisions. If teams are coed, girls will be placed on the same team in pairs, if possible.
2. **Participation** – Each player must participate in two quarters. Each seven-minute quarter must not be interrupted, except in the case of an injury, illness, or other emergency situation. Players who have played their required time, may substitute, or be substituted for during a quarter.
3. **Team Standings** – Team standings or game scores will not be kept in the U6 and U8 Leagues.
4. **Score Clock** – Only the time and quarters will be maintained on the score clock. Scores will not be recorded.
5. **Scorebook** – Only individual fouls and team fouls will be recorded. The running score and total game score will not be recorded or given.
6. **Playing Time Limit** – If only five players are present and a player fouls out, he or she may remain in the game to maintain a full team of five players. During this time, should a player receive more than five personal fouls, each foul will result in a technical foul, in addition to the other penalty shots. If an injury has occurred, the team may continue with less than five players.
7. **Defensive Restrictions** -
 - a) **U6:** The defensive team must keep one foot in the paint before the offense may bring the ball across the half court line. Defense must keep one foot inside the paint during the offensive possession.
 - b) **U8:** The defensive team must retreat to inside the 3-point arc before the offense may bring the ball across the half court line. There will be no pressing beyond the 3-point arc. Defense must stay inside the 3-point arc during the offensive possession.
 - c) When a violation of the defensive restrictions rule occurs, the referee will stop the game and explain the violation. The ball will be put back into play where the violation occurred by the team that was in control of the ball.
 - d) The defensive zone is defined as the area within the 3-point area.
8. **Offensive Restrictions** – The ball must penetrate the defensive zone within 10 seconds after crossing half court before the shot can be taken. When a violation of the offensive restrictions rule occurs, the referee will stop the game and explain the violation. The ball will be put back into play where the violation occurred by the offensive team.
9. **Foul Line Length** – The foul line will be two feet shorter than the standard length and the three-second rule will be within that smaller area.

10. **Basket Height**

- a) **U6:** Baskets will be placed eight feet from the floor
- b) **U8:** Baskets will be placed eight feet, six inches from the floor

11. **Balls Being Put Back into Play** – After each timeout called, if the offensive team is in the back court, the ball will be put back into play in the front court at the 28' line/hash mark. The defense must remain in a defensive zone until the offense penetrates the zone. If the ball is hit out of bounds by a defensive player in the front court, the ball must be put into play in the front court. (Fast breaks are allowed only during the jump ball to start the game.)
12. **Possession Arrow** – The ball must be touched by any player in-bounds unless a violation occurs to change possession arrow.

B. U10 and Above Rules

1. **Participation** – Each player is required to start and finish two full quarters of each game without interruption except in the case of injury, illness, or other emergency situation. No player can play in all four quarters of a game **until** all other players have played in 3 quarters and have fulfilled the two full quarter minimum requirement. There will be no substitutions in the first and second quarters, except in the case of five fouls, injury, illness or ejection. These players must be brought to the attention of the athletic staff. During the third and fourth quarters players who have played their two full quarters of playing time may enter the game as a substitute or be substituted for. Participation does not have to be in consecutive quarters.
- a) A coach who has a player arrive after the start of the game but prior to the start of the third quarter must play him or her in two full quarters of playing time. However, if a player arrives after the start of the third quarter the coach has the option to play this player or not in the fourth quarter. If the tardy player is placed in the game at the beginning of the quarter he/she cannot be replaced unless an injury occurs.
 - b) Any player who is eligible to play may participate in any overtime period.
 - c) An injured player who is able to return to the game must replace the player who replaced him or her or a player who has completed his or her two full quarters or playing time. A player who replaced an injured player after the start of a quarter cannot use this time to fulfill their required playing time.
2. **U10 League Offensive & Defensive Restrictions** – Full court pressing will **ONLY** be permitted during the last 2 minutes of each quarter. Teams may utilize a half court press at any time.
3. **Foul Line Length** – The foul line will be standard for all league U10 and above.
4. **Possession Arrow** – The ball must be touched by any player in-bounds unless a violation occurs to change possession arrow.
5. **Basket Height** – 10 ft. from floor.
6. **Dunking** - No dunking or attempting to dunk during practices or games. Penalty: automatic ejection and technical foul called with an additional automatic one game suspension, which will be accessed for the next schedule game to include tournament games.

7. **Offenses and Defenses** – Teams in the U12, U13, U15, and U18 Leagues are allowed to play any type of legal offense or defense.
8. **Three (3) Point Shot** – (U10, U12, U13, U15, and U18 Leagues Only) – All shots that are made from the outside of the 3-point line will be scored as 3 points.
9. **Penalties** – Any violation of the required playing time rule will result in forfeiture of the game, to be determined by the department at a later date. The game in question will be played in its entirety, except for tournament play when a decision will be made at the site.
10. **Monitoring Substitutions** – Before the game begins, the coaches give the scorekeeper the rosters of their players, including the players' numbers. The scorekeeper will check off each player when she or he enters the game.
11. **Excessive Lead Rule** – A team with a 20-point or more advantage will not be allowed to press until the ball passes the half court line. The defensive team must retreat to five feet beyond the half court line. Penalty: Technical foul assessed to the head coach of the team in violation.
 - a) At any time in the fourth quarter a team is ahead by 20 points a running clock will be in effect except for time outs or delays caused by an injury.
12. **Technical Foul Shots** – During any given quarter of the game, only the five players in the game are eligible to shoot technical foul shots. (Exception: Overtime play.)

1.6 **EQUIPMENT**

- A. **Balls** – The U6, U8, and U10 Boys, along with all girls' divisions will use an intermediate-sized ball. The U12, U15, and U18 Boys divisions will use a regulation-sized ball.

The Parks, Recreation and Tourism Department will determine the quality of the balls.

- B. **Shirts** – Players shall wear the game shirt supplied by the City. If a player does not have the issued shirt, a temporary substitute shirt may be worn without numbers that does not conflict with the color of the opposing team's or referee's shirts. The referee shall be informed of the temporary shirt prior to the game.
 1. Players may wear fitted long or short sleeve undergarments that are not required to be the same color of the game shirt.
- C. **Shorts** - Shorts or long pants that have no belt loops or buckles are approved in any color. Shorts or pants with pockets are **NOT** acceptable for games. Unclear uniform issues will be addressed at the discretion of the Athletic staff.